



# WEST PLATTE JR / SR HIGH SCHOOL

*"Preserving the Past, Building the Future"*

## JH INVITATIONAL MEET MONDAY APRIL 12th, 2021

**1. TEAMS INVOLVED:** Christian Prep, Dekalb, Lathrop, North Platte, Plattsburg, West Platte

- Entry fee is \$150 per school.

**2. AWARDS:** Individual medals 1-5 / Relay medals 1st -3rd / Plaques 1<sup>st</sup>-2<sup>nd</sup> (7G, 7B, 8G, 8B) The meet will be scored according to MSHSAA rules per number of teams

**3. ENTRIES:** THREE athletes per event and one relay team per team per division (7G, 7B, 8G, 8B)

- Event limits per athlete will be per MSHSAA rules.
- Initial entries should be made at **Milesplit Mo** by 3:00 pm on Friday, April 9th. **Entries may be adjusted online until 9AM the morning of the meet.** Scratches only will be allowed at the meet. Instructions for online entry are found at <https://support.milesplit.com/>

**4. COACHES MEETING.** There will be a coach's meeting at 3:30 in the Flex Room. Running event scratches only at the meeting. Field event changes will be done on site.

- We will do everything in our power to man the field events with our High school athletes, however we will need all visiting coaches help on relay exchanges and break lines.

**5. FIELD EVENTS:** Begin at 4:00 PM.

- Long jump, and Triple jump will be run cafeteria style with a time limit of hour. Each jumper will get three attempts.
- Shot put, and Discus will be weighed and pooled on site. Each Thrower will be given three attempts each. Boys are expected to throw 4K shots (8.8 lbs) not 8lbs.
- Pole vault and high jump will be conducted as usual. Starting height will be determined according to entries. Pole vault poles will be inspected on site. Weight verifications will be done at the coaches meeting.
- If in a running event we please ask athletes to check out of their field events at 2nd or 3rd call of their running event and we also ask that they return directly when their running event finishes. **The 20-minute rule will be in effect!**
- Reminder that we are now on the metric system so all events will be measured in meters including HJ and PV. We will also be following MSHSAA rules of doing standards in centimeters.
- Order of Events: High Jump (7G, 8G, 7B, 8B) Long Jump (8B, 7B, 8G, 7G) Triple Jump (8G, 7G, 8B, 7B) Shotput (7G, 8G, 7B, 8B) Discus (7B, 8B, 7G, 8G) Pole Vault (Combined)

**6. RUNNING EVENTS:** Begin at 5:15 PM. Event order is Hurdles, 100, 4x200, 1600, 4x100, 400, 800, 200, 4x400. All events will be run as follows: 7G, 8G, 7B, 8B.

- Bullpen is South of the Track at the start of the 100m dash (All races will report to Bullpen when called)
- If in a Field Event please inform your athletes not to leave for a running event until 2nd or 3rd call. Make sure they check out before they leave and return quickly after they have completed their race. **The 20-minute rule will be in effect!**
- Heats will be set by seed times. Fastest heat will be run last.
- Spikes should be 1/8" pyramid and the uniform rule will be enforced. The jewelry rule is no longer in effect.
- We will provide starting blocks. You are welcome to bring your own but we are not responsible for it.
- Reminder that we are now NO ACCELERATION marks in relays so hand offs are now legal from the old acceleration marks to the normal end of exchange zone marks

**7. CANCELLATIONS.** In event of cancellation, schools will be notified by 1 PM the day of the meet. There will be no make-up date for this meet.

**8. FACILITY.** Buses arriving should enter and park off 45 highway at the baseball field. Let athletes out North of the track. We ask that you please stay off the road behind the school to allow our after school busses out to run their routes. Please see the attached map.

- Please set up camps on the North side of the track outside the track. Thank you for keeping your area clean.
- A concession stand will be available.
- No locker rooms will be available
- There will be a trainer on site
- There will be no admission at the gate for spectators

Any questions please contact Jim Newsted at [Newstedj@wpsd.net](mailto:Newstedj@wpsd.net) (573) 682-7046 or Ryan Nichols at [Nicholsr@wpsd.net](mailto:Nicholsr@wpsd.net) (816) 797-6939. West Platte High school number is (816) 640-2292

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## ORDER OF EVENTS

### FIELD EVENTS: 4:00 PM

High Jump (7G, 8G, 7B, 8B)  
Shotput (7G, 8G, 7B, 8B)

Long Jump (8B, 7B, 8G, 7G)  
Discus (7B, 8B, 7G, 8G)

Triple Jump (8G, 7G, 8B, 7B)  
Pole Vault (Combined)

### RUNNING EVENTS: 5:15 P.M.

\* Events will be run in order of 7 Girls, 8 Girls, 7 Boys , 8 Boys .

**100 HURDLES**  
**100 M DASH**  
**4 x 200 M RELAY**  
**1600 M RUN**  
**4 x 100 M RELAY**  
**400 M DASH**  
**800 M RUN**  
**200 M DASH**  
**4 x 400 M RELAY**

## FACILITY MAP

